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COMEDY TAKES A DARK TURN
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GO HOG WILD
WITH ICE CREAM AND CANDIED BACON
{page 23}

VANCOUVER metro®

Rough ride

- Couple claims Coast Mountain Bus driver didn't slow down while they were walking along pedestrian crossing
- Employee allegedly got agitated after pair confronted him about his attitude and driving {page 6}

Celebrate with Summer Live

- Free outdoor festival marks city's 125th birthday {page 5}

Local

Vancouverite is Top Chef

- Dale MacKay emerges as the winner of TV contest {page 6}

SWIFT POSTPONES SHOW FOR FIRST TIME

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Tuesday, July 5, 2011
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News worth sharing.

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PHYLICIA TORREVILLAS/FOR METRO

▶ Phoebe Liu at the Metrotown bus loop yesterday.

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Wellness

The key to happiness?

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Gaza-bound ship boarded

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1 news

After nearly two years, Ottawa and provinces reach $1.4B pact on affordable housing. Scan code for story.

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The American economic situation looks grim, but Allan Small provides some compelling reasons to invest. More at metronews.ca/investing

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Suspect in fatal crash released from custody

Ryan Miller faces a charge of driving without due care and attention after 2008 crash Miller was arrested at YVR after returning to Canada Friday

RCMP/CONTRIBUTED

▶ Police allege that Ryan Miller was behind the wheel of the SUV that struck this van, killing two young boys and paralyzing a third, in November 2008.

DAVID PROCTOR
VANCOUVER@METRONEWS.CA

Ryan John Stewart Miller was released from police custody yesterday on a promise to appear in court for his alleged involvement in a 2008 car crash that killed two young boys and paralyzed a third.

Miller, 29, was arrested on Friday at YVR as he was returning to Canada. He had left the country for Australia shortly after a charge of driving without due care and attention was approved.

"We're certainly glad that through our partnering with the Canada Border Services Agency we were able to secure an arrest," said Sgt. Peter Thiessen of the RCMP E Division. "Now we'll move forward with the allegations and the charge and hopefully secure a conviction."

Police allege that Miller was behind the wheel of a BMW SUV that struck a van, which had broken down in the high-occupancy vehicle lane and begun to fill with smoke on Nov. 29, 2008. The accident occurred eastbound on Highway 1 just past the Port Mann Bridge.

Two brothers aged six and nine were killed, and a third eight-year-old brother was paralyzed. Two adult occupants were also seriously injured.

Miller had his court date yesterday, but was released as his hearing was put over until today. RCMP refused to comment on the possibility that he would attempt to leave the country again, saying it was a matter for the courts.

Royal Canadian Mint store burglarized

JULIA DILWORTH/FOR METRO

▶ The Royal Canadian Mint store on Granville Street.

Thieves hacked through an interior wall of the Royal Canadian Mint boutique on Granville Street and made off with thousands of dollars in stolen items

The break-in occurred late Saturday night or early Sunday morning.

Police arrived on the scene shortly before 2:30 a.m. Sunday and were met by an employee who informed them the alarm had been tripped hours earlier, when thieves broke through an interior wall and snatched items from display cases.

The entrance to the store was still locked when police arrived. In a brief statement, the mint confirmed that there was a break-in and that a limited quantity of merchandise was stolen.

Neither police, nor the mint, gave examples of what items were stolen.

JEFF HODSON

Baby left in hot car

A four-month-old baby left locked in a car outside of a Kelowna department store has police warning people not to leave children or pets in vehicles this summer.

Witnesses saw an infant in the back of a white Toyota sedan in a parking lot in the 1800 block of Cooper Road, with the windows rolled up to within an inch of the top, no one around the locked car and no air flow to cool the child.

Officers broke the front window and took the baby out of the vehicle. The little girl was taken to hospital to be checked out for possible heat stroke.

The mother, a 22-year-old woman from Alberta, could face child-abandonment charges.

PHYLICIA TORREVILLAS

Glitch delays commute

A technical glitch near Stadium SkyTrain Station left thousands of passengers facing delays and unexpected bus rides during their morning commute yesterday.

A communication problem between the trains and SkyTrain's central computer system led to an automatic shutdown of all trains in the area for more than two hours.

PHYLICIA TORREVILLAS

Elderly man charged after collision

A 72-year-old Keremeos man faces a charge of criminal negligence causing death following a collision involving eight vehicles in Penticton on Saturday afternoon.

According to police, the senior was driving a white Kia Sport Tec SUV westbound on Highway 97 when he sideswiped a white GMC Jimmy headed in the same direction, causing the driver to lose control, fly into oncoming traffic and overturn while in midair.

A 32-year-old Vancouver man riding in the GMC Jimmy was pronounced dead at the scene.

DAVID PROCTOR

SUBMITTED

▶ Mother Mother performs on the Coast Capital Savings Main Stage on Friday at 9:45 p.m.

Summer Live heats up celebration

Festival brings renowned acts to Stanley Park
It's a 'celebration of creativity' says artistic director

TERRIS SCHNEIDER
VANCOUVER@METRONEWS.CA

Vancouver is celebrating its 125th birthday in style this weekend with a free outdoor festival at Brockton Point in Stanley Park.

The event features outdoor music, family entertainment, sports activities, performing and visual arts and First Nations history and culture.

Performances include renowned Vancouver and international artists such as The New Pornographers, Mother Mother and Dan Mangan. About 75,000 people are expected to attend.

"I think it will be well received," said Robert Kerr, artistic director of Vancouver 125. "There's a fabulous mix of artists and the festival is a celebration of creativity and strength in our community."

Kerr is excited by the talent and is especially looking forward to the New Pornographers.

"Neko Case will be in town and playing before them. She's going to join them on stage after her set. Their schedules don't always align, so it will be special to see them play together."

The Summer Live festival runs Friday, Saturday and Sunday, with activities running daily from noon through 11 p.m. Attendees are encouraged to use transit. A free shuttle bus from Waterfront Station to the festival will run daily from 11 a.m. to 11 p.m., and a free, secure bicycle compound at Brockton Point will provide an easy way to safely park bikes at Stanley Park during the event.

VIDEO REPORT

Premier Clark debuts online update

Premier Christy Clark has released her first quarterly online video report, intended to inform citizens about the activities of government through social media.

Clark's first five-minute update focused on job creation, the Seaspan shipbuilding bid, HST changes and the HST referendum, and the aftermath of the Stanley Cup riots.

"I'm committed to staying in touch and using technology to do it," said Clark in her address. "Being connected is one way to bring change in government."

DAVID PROCTOR

No jail for brawling Mounties

There won't be any jail time for two Mounties who got into a fight with members of the Hells Angels at a Kelowna nightclub. A judge has given absolute discharges to 40-year-old Const. Chris MacDonald of Prince Edward Island and 25-year-old Const. Kiel Samotej of Alberta.

THE CANADIAN PRESS

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Vancouver restaurateur wins Top Chef Canada

JULIA DILWORTH/METRO FILE

▶ Dale MacKay

A Gordon Ramsay protege known for crafting refined, high-end cuisine is the inaugural winner of TV's Top Chef Canada.

Vancouver's Dale MacKay claimed a $100,000 prize in a wine-inspired challenge that pit him against Toronto's Rob Rossi and Calgary's Connie DeSousa.

"I could have done five finales," MacKay boasted yesterday when the final episode aired, noting he felt more relief than surprise at the win. "I totally wish we could have done a five- or six- or seven-course menu where you really had to cook. I would have been loving that for sure."

Throughout the series, the cocky 31-year-old established a reputation as one of Food Network Canada's more passionate homegrown chefs. He brimmed with confidence during intense cook-offs and often turned wistful in direct-to-camera confessions when he talked about his eight-year-old boy.

The competition ended with a tearful reunion between the single father and his son.

"We did it, man," MacKay said while clutching the child in a finale shot eight months ago. "Told you we'd do it."

MacKay, who finally gets the $100,000 now that the episode has aired, said he'll use the money to take his son on a European vacation and invest in his newly opened restaurant, Ensemble.

The Saskatoon-born cook beat out 29-year-old DeSousa, whose trademark was charcuterie and bold flavours, and 27-year-old Rossi, whose expert display of various cooking styles earned him a leading four elimination wins.

"I would have liked to have won it," the baby-faced Rossi said in the finale after learning he came in second.

"But I don't regret anything I've done and I think Dale really deserved it. He put up some phenomenal plates." THE CANADIAN PRESS

PHYLICIA TORREVILLAS/FOR METRO

▶ Phoebe Liu at the Metrotown bus loop yesterday. Liu says she wants an apology from the driver who she says caused her and her boyfriend, Jack Wang, physical and psychological harm during an altercation on June 29. Inset: Wang's injured leg.

Pedestrians allege assault by bus driver

Say complaint about driving led to altercation
There may be video of incident

A Burnaby couple claims a Coast Mountain Bus driver assaulted them after they confronted him about his driving near Metrotown.

Phoebe Liu and Jack Wang were on their way home from grocery shopping and started walking along the pedestrian crossing located at the entrance of the Metrotown bus loop when a No. 116 bus allegedly drove toward them without any signs of slowing.

"He almost hit me, actually," Wang said. "He drove like a crazy guy."

They went to the bus parking area, Wang added, and knocked on the bus door to ask for the driver's name and told him they'd be making a complaint.

Wang said the driver refused to give his name and kept asking Wang to "come in the bus," but Liu said she stopped her boyfriend because she was afraid the driver might get violent.

The driver got off the bus, Wang said, and they both got into an argument. Wang accuses the driver of pushing Liu, who was standing between the men.

Wang alleges that after the driver pushed his girlfriend, they both started pushing each other.

"He squeezed my neck," Wang said. "He was not choking me, but it feels like (he was) ready to hold my neck and punch me.

"He (then started) chasing me around the bus parking lot," Wang added. "I lost my balance and I hurt my knee and my face because I fell down (against) a bus."

The couple has filed a formal complaint with Coast Mountain Bus Company as well as a report with the Burnaby RCMP. Police could not be reached to confirm the report.

Stan Sierpina, CMBC's vice-president of customer service, said there was a camera-equipped trolley bus in the loop at the time so they may have video evidence of the alleged incident. "When you carry 800,000 people a day and whenever we receive these (cases), which are extremely rare, we need to conduct (our own internal) investigation," he said.

PHYLICIA TORREVILLAS

Shelter will remain open

The Stanley/New Fountain shelter in Vancouver's Downtown Eastside received a funding extension of just over $1 million yesterday to remain open for another year while more supportive housing is built.

The 40-bed shelter was one of the city's first HEAT initiatives and opened in December 2008 to provide temporary accommodation for the homeless during the winter months.

The province decided to keep the shelter open for another year because it is well trusted and popular.

Coun. Kerry Jang, a psychiatry professor at UBC, said that not all homeless people want to go into housing, especially if they are not under care or supervision.

Jang also stressed that each shelter attracts a different population and adjusts its service to different types of clientele. "There's not one magical cure for all. Our shelters suit the populations at hand."

He said shelters are a great first step in treating the homeless, something that has been missing in Vancouver. "Without the first step, we could lose them forever."

TERRIS SCHNEIDER

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William has a splash in Sea King helicopter

Duke of Cambridge lands machine on water In light rain, royals meet well-wishers in Prince Edward Island

RYAN REMIORZ/THE CANADIAN PRESS

▶ Prince William reacts after winning a dragon boat race yesterday in Dalvay Lake, P.E.I.

Prince William swapped his crisp jacket and tie for a jumpsuit and helmet and the throb of a Sea King helicopter yesterday as he donned a flight suit and practised a quintessentially Canadian manoeuvre — landing on the water.

The Duke of Cambridge climbed into the co-pilot's seat of a grey Sikorsky CH-124, its lower half sealed up with yellow tape, and plopped down repeatedly on the surface of Dalvay Lake, near the Gulf of St. Lawrence on the edge of Prince Edward Island.

With William at the controls, the chopper spent nearly an hour on the "waterbirding" move — sometimes turning circles on the water like a giant mechanical duck, windshield wipers clearing the spray from the windscreen, or performing a touch-and-go exercise that at times pushed the water levels nearly to the windows.

Waterbirding is an exercise that was invented in Canada to ensure Canadian Coast Guard pilots are equipped to deal with emergencies when operating over water. And if the number of times they tried it was any indication, the duke was certainly smitten with the technique.

Before taking off, the duke could be seen through the helicopter windows strapping in to the co-pilot's position as Kate — the Duchess of Cambridge — chatted and watched from a distance.

William is no stranger to the Sea King — as a flight lieutenant with the Royal Air Force, he's a fully qualified helicopter pilot who currently serves on board a British Sea King as a member of the British military's Search and Rescue Force.

"The Duke of Cambridge is, first and foremost, a search-and-rescue pilot, that's his job, and it's a job he's very proud to do," said press secretary Miguel Head.

While waterbirding isn't widely practised outside Canada, it's a manoeuvre that's known to search-and-rescue professionals and helicopter pilots around the world, he added.

"So when (William) took the decision to come to Canada, one of the things he actually asked to do was to do this, and it's a technique he'll be able to use in his job."

The demonstration took place at the Dalvay by-the-Sea resort, a frequent backdrop for the Anne of Green Gables movies — Kate is a big fan of the Lucy Maud Montgomery books — and CBC's Road to Avonlea TV series.

THE CANADIAN PRESS

Royals row

- Also yesterday, William and Kate donned life jackets before boarding separate vessels for a dragon boat race.
- William appeared to really get his back into it, paddling in perfect unison with his crew, while Kate — positioned at the back of her boat — had a harder time, paddle spray hitting her face a few times.
- When it was over, Kate playfully gave William a shove, as if to push him in the water.
- Immediately after the race, the duke and duchess took part in a cultural display that included a traditional smudging ceremony, traditional Mi'kmaq drumming and an Acadian dance performance.

Defiant Ratko Mladic tossed from tribunal

AMEL EMRIC/THE ASSOCIATED PRESS

▶ Relatives of a man killed during the 1992-95 Bosnian war put up photos yesterday on a memorial in Bosnia.

UN judges threw Ratko Mladic out of his own arraignment yesterday after the former Bosnian Serb military chief shouted at them, defied their orders and refused to enter any plea to 11 charges of masterminding the worst atrocities of the Bosnian war.

With Mladic's chair in the courtroom empty, presiding Judge Alphons Orie entered not guilty pleas, in line with the war crimes tribunal's rules for suspects who refuse to plead.

Mladic's contemptuous display drew anger from survivors of the 1992-95 Bosnian war and raised the prospect of another turbulent UN court trial that may offer victims more heartache than justice. In Srebrenica — the Bosnian town where Mladic is accused of commanding troops who in 1995 killed some 8,000 Muslim men and boys in Europe's worst massacre since the Second World War — survivor Fadila Efendic called Mladic's behaviour salt in her wounds.

"We are made to suffer, to mourn our children. We are forced to watch him make a circus in the court," she said.

Mladic had threatened to boycott yesterday's hearing, his second public appearance since Serbia extradited him to The Hague in late May, because the court had not appointed Belgrade lawyer Milos Saljic and a Russian lawyer as his trial attorneys. If convicted, Mladic could face a sentence of up to life in prison.

THE ASSOCIATED PRESS

Remembrance

- Mladic's courtroom belligerence came just a week before solemn commemorations in Srebrenica marking the 16th anniversary of the massacre.

Falcon attacks woman and her dog

Provincial police say a woman and her small dog were attacked by a trained falcon just north of Peterborough, Ont. The 67-year-old woman shielded the dog, who was unharmed. The woman was treated for minor injuries in hospital.

THE CANADIAN PRESS

Lucky orange lobster

HO- IGA JEAN-XXIII SUPERMARKET/THE CANADIAN PRESS

▶ The orange lobster, right.

A rare lobster that looks like he's fully cooked may get a break as a supermarket in Trois-Rivières, Que., is trying to find him a new home in an aquarium.

THE CANADIAN PRESS

Alleged kidnapper's testimony is fiction: Crown

Romeo Cormier, a New Brunswick man who has pleaded not guilty in the alleged abduction of a 55-year-old woman in Moncton in February 2010, has testified that the woman wanted to be with him and enlisted him in a plot to kill her husband.

The Crown dismissed his testimony as fiction in closing arguments yesterday.

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- 1008 West Georgia St.
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- 1588 West Broadway
- 2154 West 4th
- Capilano Mall
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- Lynn Valley Centre
- Oakridge Centre
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- Peachtree Square

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Otto von Habsburg dies at age 98

ARNE DEDERT/THE ASSOCIATED PRESS

▶ Archduke Otto von Habsburg

Otto von Habsburg saw the crumbling of the empire his family had ruled for centuries and emerged from its ashes as a champion of a united and democratic Europe.

The oldest son of Austria-Hungary's last emperor fought Nazism and Soviet communism during his long decades of exile from his homeland, and was lionized by leaders across the continent as "a great European."

Habsburg died yesterday at age 98 in his villa in Poecking in southern Germany, where he had lived since the 1950s, with his seven children nearby, his spokeswoman said.

THE ASSOCIATED PRESS

MEMORIAL SERVICE

Officer's funeral to attract thousands

Hundreds of colleagues and members of the public lined up outside a funeral home yesterday to show their respects to an officer who died after being dragged and pinned under an overturned minivan he had stopped.

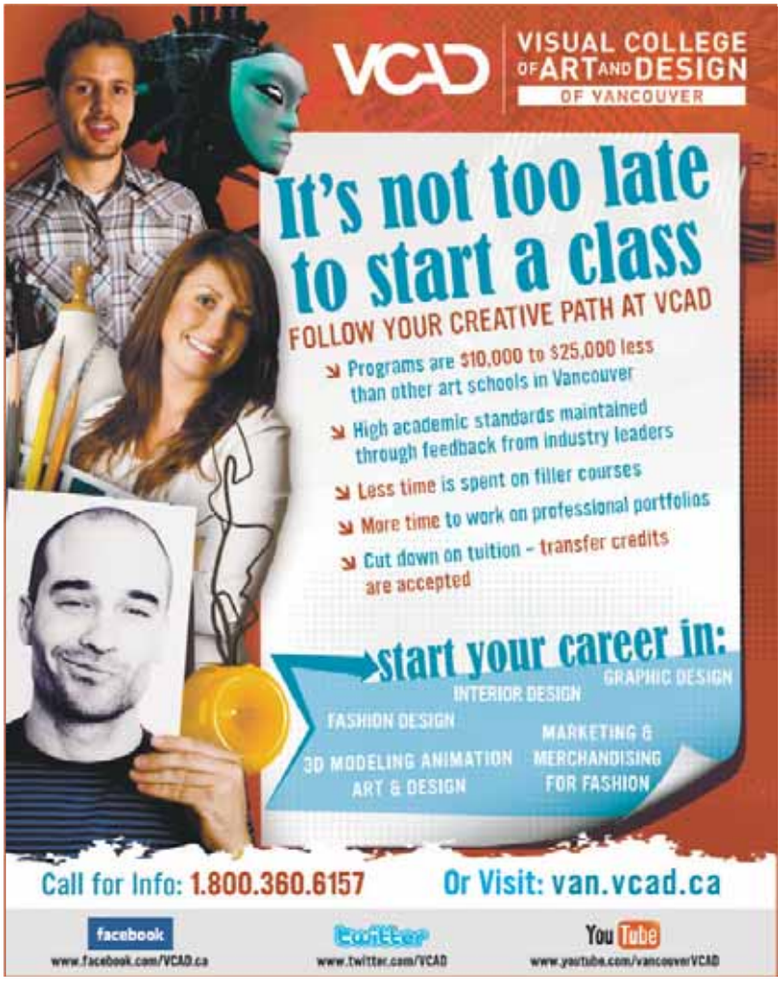
Some waited more than an hour to attend the visitation for York Regional Police Const. Garrett Styles, 32, a married father of two whose funeral today is expected to draw thousands.

Police have charged the alleged driver of the vehicle — a 15-year-old boy — with first-degree murder.

The seven-year officer, who would have turned 33 last weekend, leaves his wife Melissa and two children, two-year-old Meredith and nine-week-old Nolan.

Between 5,000 and 7,000 police officers from across North America are expected to attend a procession and memorial service today in Newmarket, Ont., where Styles was based. His wife is scheduled to give a eulogy at the ceremony.

THE CANADIAN PRESS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Greeks disable ship bound for Gaza Strip

Greek coast guard blasted water cannon at Tahrir as ship left port: Activist No one on board vessel was believed to have been injured

DARKO BANDIC/THE ASSOCIATED PRESS

▶ French activists stand on the deck of their boat moored in Pireaus port, near Athens yesterday.

The Greek coast guard has damaged a Canadian ship bound for Gaza, forcing it back to shore after ramming it against a cement pier, activists said yesterday.

Activists at first believed the ship was sinking as a result of the hard landing. While it appeared the damaged ship would stay afloat, it remained confined to a Greek port late yesterday after an unsuccessful attempt to reach Gaza.

The Tahrir, bearing at least 30 Canadians, left a Greek port early yesterday evening local time and was boarded 15 minutes later by armed officers from the Greek coast guard.

"This is a peaceful international mission to break Israel's illegal blockade of Gaza, which, it is now crystal clear, has been extended to the ports of Greece."

DYLAN PENNER, CANADIAN ACTIVIST

Within an hour, the ship was back at another Greek port, where supporters of its mission were gathering.

Two Canadian activists on board provided dramatic descriptions of the ship's boarding.

"We're slowly heading back. There's a new boat that's pulled up beside ... must be another coast guard vessel," Dylan Penner said in a mobile telephone interview from the Greek-occupied vessel.

Penner said eight to 10 armed coast guard officers boarded the ship and that soldiers were in command of its bridge. They were armed with handguns and assault rifles.

David Heap, another Canadian on the ship, said the Greek guards told the passengers that they were carrying out orders, and activists responded that those orders were illegal under international law.

THE CANADIAN PRESS

Cause of woman's death to be released

Medical officials were expected to know yesterday whether or not a black bear is responsible for the death of a Lillooet woman whose remains were discovered on the weekend near her remote cabin.

Regional coroner Mark Coleman says a Kamloops pathologist will conduct an autopsy on the deceased woman at Royal Inland Hospital.

He says medical officials will also use dental records to confirm the woman's identity.

Coleman says the coroners service was supposed to get the preliminary results yesterday and be able to publicly release a cause of death sometime today.

The human remains were found last Thursday.

THE CANADIAN PRESS

Save money for More Buses Now and public transit!

Vote YES to extinguish the HST!

An important message from Metro Vancouver bus drivers on BC's Harmonized Sales Tax binding referendum in June/July

The Harmonized Sales Tax added an extra 7% tax on hundreds of consumer goods and services — but it didn't put an extra dime into more buses for Metro Vancouver's overcrowded, inadequate TransLink public transit system.

"The HST transfers the tax burden from business to consumers"

Under the HST there is an extra 7% tax on: restaurant food, basic cable TV and telephone, home repairs, maintenance and renovations, domestic airline, train and bus tickets, taxi fares, parking, concert and sports tickets, haircuts, gym memberships, vitamins, massage therapy, health food store products, realtor fees, new homes over $525,000, home inspections and appraisals, newspapers and magazines, accountant, architect, veterinarian, most financial services and consultant fees and much more.

While you pay up to $1,200 more in HST per family each year, none of that money is going to add more buses or improve public transit.

The HST transfers the tax burden from business to consumers.

But Metro Vancouver has a significant bus shortage — we only have 1 bus per 1800 residents while Toronto and Montreal have 1 bus per every 1200.

Toronto and Montreal have service every 10 minutes or better on 58% of their bus runs, while Metro Vancouver has that service on only 26% of bus runs.

Don't believe multi-million dollar BC government and big business advertising promising that you'll save money or get a lower HST in 3 years — check your own bills to see what the HST is costing you right now... and for years to come.

When you get your ballot in the mail, please:

X Vote YES to Extinguish the HST!

And say you want More Buses Now — not their HST!

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For more information visit FightHST.com and bestdealbc.ca/
For more information on bus issues visit MoreBusesNow.ca

New charges could be in store for DSK

Former IMF chief's fortunes had appeared to be improving as rape case against him began to hit snags

Dominique Strauss-Kahn faces a potential new sexual assault investigation today.

A young French writer plans to formally accuse him of trying to rape her during a 2002 book interview — a dizzying turn of events just as the former IMF chief's fortunes seemed to brightening.

With France debating his possible return to presidential politics, Strauss-Kahn swiftly hit back at author Tristane Banon's plans to take him to court, labelling her account "imaginary" and countering with his own plans to file a criminal complaint of slander.

The sordid exchange may have deep ramifications for the 2012 presidential race in France, where the surprise weakening of the sexual assault case against Strauss-Kahn in New York last week sparked a fierce debate about whether he should return to politics if the American case against him collapses completely.

Before Banon's announcement, polls showed voters were evenly split about whether Strauss-Kahn, 62, should try to revive a career that until recently had him on track to take on conservative President Nicolas Sarkozy in the race to be France's next leader.

"DSK Back?" the left-leaning daily Liberation asked on its front page Monday.

Some politicians and pundits see Strauss-Kahn, who won plaudits for his stewardship of the International Monetary Fund, as a victim of overzealous American prosecutors and journalists who denied him the presumption of innocence when a maid accused him of forcing her to perform oral sex in his Manhattan hotel room.

"He was crushed, then, by that fraction of the American judicial apparatus that, by putting Dominique Strauss-Kahn in stocks, by humiliating him before the entire world, by ruthlessly pursuing him, has probably ruined his life," celebrity philosopher Bernard-Henri Levy wrote on The Daily Beast website.

THE CANADIAN PRESS

Baby. Gagas

▶ Young fans of Lady Gaga strike a pose in costume at the start of her press conference in Taipei, Taiwan, yesterday.

WALLY SANTANA/THE ASSOCIATED PRESS

Born to play at being a superstar

Inmate sues jail over lack of porn

Michigan jail inmate Kyle Richards, 21, says he's being subjected to cruel and unusual punishment and a "poor standard of living" because he can't have pornography.

THE ASSOCIATED PRESS

Lawyers to argue nudity no crime

Lawyers for a man charged after not wearing clothes at a drive-thru in central Ontario will try to convince a court judge today that it should no longer be a criminal offence to be nude in public. THE CANADIAN PRESS

Jilted lover gets life sentence

An admitted drug dealer convicted of murdering his ex-girlfriend and her roommate in a Vancouver condo explosion has been handed life in prison with no chance of parole for 25 years. THE CANADIAN PRESS

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FEATURES St. John and Halifax. Sails roundtrip New York. Interior stateroom.

Mediterranean
7-Night Cruise from USD $679 + taxes & fees USD $79
FEATURES Genoa, Ajaccio, Cannes, Barcelona and Palma De Mallorca. Sails roundtrip Civitavecchia (Rome). Interior stateroom.

Asia 9-Night Cruise from USD $700 + taxes & fees USD $116
FEATURES Cheju Do, Vladivostok, Otaru (overnight) and Fukuoka. Sails roundtrip Shanghai. Interior stateroom.

South America
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FEATURES Salvador, Buzios, Ilhabela and Santos. Sails roundtrip Rio De Janeiro. Interior stateroom.

Pacific

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+ taxes & fees USD $150
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Pacific Coastal
10-Night Cruise from USD $899 + taxes & fees USD $173
FEATURES Nanaimo, Victoria, Seattle, San Francisco (overnight), Monterey and Catalina. Sails from Vancouver to San Diego. Interior stateroom. Upgrade to Oceanview for 100 per person.

South Pacific
14-Night Cruise from USD $1299 + taxes & fees USD $297
FEATURES Melbourne, Burnie, Milford Sound, Fjordland National Park (cruising), Dunedin, Christchurch, Queen Charlotte Sound (cruising), Captain Cook Ship Cove (cruising), Wellington, Napier, Tauranga, Bay of Plenty (cruising) and Coromandel Peninsula (cruising). Sails from Sydney to Auckland. Interior stateroom.

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ISSF's mission is to undertake science-based initiatives for the long-term sustainability of tuna stocks, reduction of bycatch, reduction of illegal, unregulated and unreported fishing, and promotion of ecosystem health. Clover Leaf, a proud founder of ISSF, is at the forefront of seafood sustainability. We are committed through our leadership and our actions to the effective management of ocean resources for generations to come. Please visit **www.iss-foundation.org**

> "Quality and taste every time" is more than our mantra—it's our commitment to you and future generations.

We encourage you to learn more about Clover Leaf and our relationship with our oceans. For more information please visit us at **www.cloverleaf.ca**

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Gas prices drive spike in car sales

Motorists spurn gas-guzzling trucks and SUVs for fuel-efficiency ◗ June sales soared for Top 3

Canada's leading automakers are reporting a strong rebound in sales last month after a weak performance in May.

Ford, General Motors and Chrysler of Canada saw their sales improve dramatically on an annual basis.

Ford Canada once again claimed the top spot with June sales that rose six per cent to 33,450 from 31,707 from year-before levels. That was its best June since 1989.

May was the only month of the year the automaker, along with many others, reported a decline in sales, led by falling truck sales. That led observers to suggest that high gas prices are forcing drivers to rein in purchases. Automakers have been reporting a boost in car sales for most of this year due to soaring fuel costs.

In June, Ford car sales were up 32 per cent, driven by sales of its Focus, Fusion, Taurus and Mustang. Truck sales, however, fell nearly four per cent.

General Motors Canada, Canada's second-best-selling automaker last month, said sales grew 12 per cent from a year ago, led by its Chevrolet Cruze and other fuel-efficient cars and crossovers. The company reported total sales of 27,865 vehicles, compared to 24,897 a year before.

Meanwhile, Chrysler Canada reported the largest improvement from year-ago sales. The company said its sales soared 27 per cent to 23,576 vehicles from 18,502 a year ago. That was its best June since 2005.

THE CANADIAN PRESS

FABRIZIO COSTANTINI/GETTY IMAGES

▶ Steve Swancott installs trim on a minivan at the Chrysler assembly plant in Windsor, Ont.

Bombardier coy about U.K. layoffs

Bombardier Transportation will unveil its plans today for Britain's lone railcar plant, but officials would not confirm that as many as 2,000 workers will lose their jobs at the factory in Derby.

The Berlin-based division of the transportation giant said it will first meet with union officials and then hold a news conference in the town in central England.

Several reports in Britain said the company would put plans in place to lay off up to two-thirds of the workforce at Derby.

Four of five rail contracts at the plant will end by September and a consortium led by Bombardier recently lost a contract to supply 1,200 new Thameslink trains to rival Siemens.

The opposition Labour party has asked the coalition government to review naming the German rival as the preferred bidder. The government said it viewed the Siemens bid to be "the best value for money for taxpayers."

Bombardier spokesman Marc Laforge denied that today's company announcement is designed to put pressure on the government to award it the contract before the deal is finalized.

"We live with decisions and like anybody in that business, any competitors, we have to work accordingly with what we have in the backlog," he said in an interview.

The Thameslink contract was the second loss for the plant in more than two years.

On the Toronto Stock Exchange, Bombardier shares closed down four cents at $6.91 yesterday.

THE CANADIAN PRESS

On the rails

- **Bombardier's Derby plant** produces subway cars for London's Underground system, trains for National Express East Anglia and turbostars for Chiltern and London Midland.
- **Analysts expect the latest** contract loss will affect the Derby factory, which employs 3,000 workers.

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SEEMED LIKE A GOOD IDEA AT THE TIME

SHE SAYS ...

JESSICA NAPIER
METRO

We all make mistakes. The chances of making those mistakes increase exponentially when alcohol is involved. In fact, the decisions you make during a night out on the town are almost exclusively regrettable.

Here are just a few of the things that you would never, ever do in real life (read: sober) but that seem like a really good idea at 2 a.m.

• Ask the DJ to play an obnoxious pop track from the mid-2000s — think Gwen Stefani's Hollaback Girl — and scream "THIS IS MY JAM" at anyone within earshot.

• Wear sunglasses indoors. Convince yourself that sunglasses are a fun prop and that wearing them at night will make people think you are a hilariously zany individual. If Corey Hart can do it, so can you.

• Get into a heated discussion about religion/politics/anything of a sensitive nature. Assume you are correct no matter how outlandish your point is. There is no reasoning with someone under the influence of drunk logic.

"Walk home barefoot through the city streets. Hepatitis be damned; your feet really hurt from wearing cheap heels all night long and five kilometres isn't really that far of a walk anyway."

• Order a pitcher of beer … for yourself. When the server asks: "What type of beer?" Respond with: "Surprise me."

• Get all confessiony and tell your best friend about that time you hooked up with her ex-boyfriend/brother/dad.

• Purchase a large pulled pork poutine with extra gravy or some other calorie-laden late-night snack that you will inevitably spill all over yourself. Not that it matters. One of your friends accidently poured a double vodka cranberry down your back an hour ago.

• Send (what you think are) nonchalant text messages to that guy you went on a few dates with back in May. You didn't really like him and it didn't go anywhere, but for some reason you feel the need to see what he's up to right now.

• Walk home barefoot through the city streets. Hepatitis be damned; your feet really hurt from wearing cheap heels all night long and five kilometres isn't really that far of a walk anyway.

• Facebook creep your ex. Wind up in a shameful spiral of despair before falling asleep on your keyboard. Wake up at 5:30 a.m. to a photo album titled I Luv U Babe featuring him and his new girlfriend, who you suspect is at least five years younger than you.

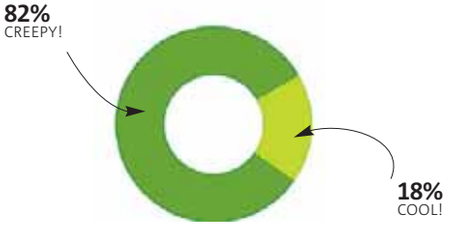
• Decide that the remedy for nausea is not water but tequila.

So be sure to proceed with caution on your next night of summertime revelry. Engage in any one of these activities and you will guarantee yourself a miserable morning after.

Read more of Jessica Napier's columns at metronews.ca/shesays

metro life panel **Register at metrolifepanel.ca and take the quick poll**

The Newsweek Princess Diana cover: Creepy or cool?



Local tweets

- **@Fit_Model:** I think #summer in #vancouver has finally arrived!
- **@frizzbarks:** Summer has officially arrived in #Vancouver! I forbid anyone to complain about the heat and jinx us all. #BuyAFanAndZipIt!
- **@Nat_Mich:** Really bad-ass looking black helicopter flying low and slow in #Vancouver. Anyone know what it's about/if there's something being filmed?
- **@MathewMacNeil:** I really want #Vancouver to sign brent sopel
- **@deanguest:** who is still on a long weekend? "@Dennis-Pang: Happy Monday, #Vancouver! So, who's still in long weekend mode?"
- **@ImperialJedi:** Trying to find a good all you can eat sushi place in #Vancouver … Shouldn't be too hard right?
- **@AmandaTiffany:** All this sunshine and amazingness ALMOST makes me forget about the 9 months of constant rain we had! Okay … not really. At all. #vancouver
- **@CandiceWhitlaw:** Soaking up all of the vitamin D #Vancouver has to offer me

Worth mentioning

TORONTO. It's part cathedral, part parking meter and part Cadillac. And it's the latest invention out of Great Britain.

It's called the AutoWed Wedding Machine — a kind of vending machine for wedding ceremonies.

It's the brainchild of Sam Lanyon, a 30-year-old electronics engineer.

It's a simple process: You put in $1 and the machine begins to play a wedding march. Then it asks you what kind of ceremony you want: Gay, straight, lesbian or best friend forever.

Once you have selected the type of wedding, AutoWed takes over. If you agree to marry, you press the No. 1 on a computer keyboard. If you don't agree, you press 2 for "escape." After you exchange vows, it dispenses two plastic rings. Once the rings have been exchanged, a voice congratulates you and instructs you to kiss.

With the ceremony over, the vending machine dispenses a receipt with your names on it and asks you to hold on to it. Lanyon admits the ceremony is not legally binding, but designed only as a novelty.

TORSTAR NEWS SERVICE

Cartoon by Michael de Adder

WEIRD NEWS

Not the best idea to invite him to lunch

Joey Chestnut scarfed down 62 hotdogs to win his fifth consecutive Fourth of July hotdog-eating contest at Coney Island — the equivalent of about 20,000 calories in 10 minutes.

It wasn't a personal best for the 27-year-old nicknamed Jaws, but it was enough to out-eat second-place finisher Patrick Bertoletti by nine wieners. Chestnut of San Jose, Calif., won $10,000 and the coveted mustard-yellow belt.

"I feel great!" he said, sweat pouring down his face after the contest, adding he was going to drink a lot of water and avoid hotdogs for a few days.

This year, for the first time, the annual contest in front of Nathan's Famous fast food stand was broken into two divisions, one for men and one for women.

Sonya Thomas, known as the "Black Widow" of competitive eating, won with 40 downed dogs, earning her $10,000 and her own pink champion's belt.

Both Thomas and Chestnut broke world records in 2009; he with 68 and she with 41.

THE ASSOCIATED PRESS

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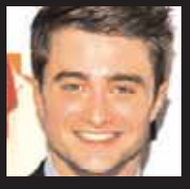


Harry Potter star Daniel Radcliffe says he has given up drinking alcohol after realizing he was partying too hard.
The 21-year-old says he began to drink too much while filming Harry Potter and the Half Blood Prince in 2009.
THE ASSOCIATED PRESS

Tracy Morgan has a way of riling folks with his comedy, but why should anyone care?

HANDOUT/WARNER BROS. PICTURES

▶ Charlie Day as Dale and Jennifer Aniston as Dr. Julia Harris star in the dark and wacky comedy, Horrible Bosses.

Horrible Bosses with a twist

Charlie Day plays a meek dental hygienist who doesn't want to be hit on by his boss, played by Jennifer Aniston ◐ Believable? You be the judge

HEIDI PATALANO
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Charlie Day, best known for his illiterate, glue-sniffing character on FX's It's Always Sunny in Philadelphia, has been put in the unlikely position of explaining why being pursued for a sexual liaison by a character resembling Jennifer Aniston is an unpleasant prospect. It's not an easy job.

"Most men don't cheat on their wives. Not all, but close," he offers rather sheepishly. His character in the comedy Horrible Bosses is a dental hygienist for Aniston's man-eating dentist. Devoted to his fiancé, Day's character Dale is terrified by his boss' blackmailing seduction. As the logic of the film goes, he and his buddies, played by Jason Sudeikis and Jason Bateman, decide to kill Dale's boss. Dark as it may seem, Bosses isn't afraid to cover the controversial topics.

"I don't think anything is too taboo to make funny," says Day.

"Murder is a terrible thing. It ruins people's lives. But set against this backdrop, in this idiotic light with these guys that have no business trying to commit a murder go about it, then it becomes a comedy. The things aren't inherently funny themselves. It's how you tell the joke."

That's where the overlap lies between Horrible Bosses and It's Always Sunny in Philadelphia.

He's just wrapped production on the seventh season of the sitcom on which no topic — from abortion to crack smoking — is too crooked or bizarre.

"Managing to fly under the radar enough so that we don't lose our street cred but be a big enough hit that we're actually a very successful show has been a really nice balance," says Day. The next season premieres in September.

Bearded humour

Is facial hair funny?

"Having a beard just makes me look older," says Charlie Day. "Sometimes when I shave it off I feel like I still look like I'm 15. Mac (on Sunny) kind of grows his beard a little bit longer this season. He's definitely funnier, but I've definitely seen some unfunny people with beards. I don't know that it makes people unfunny. I just know that there are plenty of people who grow beards who still remain completely humourless."

DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother

Hobo with a Shotgun
Genre: Thriller
Director: Jason Eisener
Stars: Rutger Hauer, Brian Downey, Gregory Smith, Molly Dunsworth

To describe Hobo with a Shotgun as being over the top would be like calling a beaver furry.

Directed by Halifax's Jason Eisener, it's like no other Canadian movie you've seen, and that's OK.

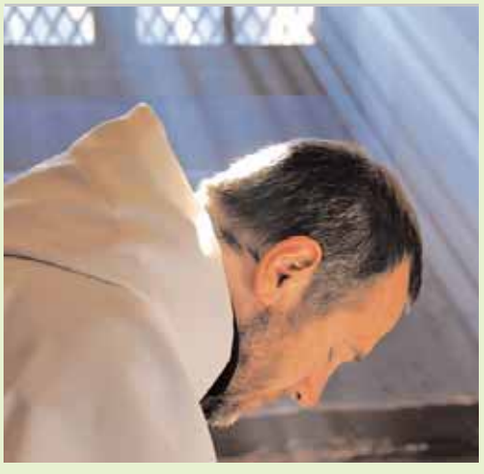
The Hobo (Rutger Hauer) rides the rails into Scum Town, like Clint Eastwood's Man With No Name, looking to buy a lawnmower. Maybe he can start his own gardening business: "You grow it, we cut it." But Hobo can't close his eyes to the carnage around him.

A sadistic capitalist named Drake (Brian Downey), and his stooge sons Slick (Gregory Smith) and Ivan (Nick Bateman) are terrorizing Scum Town by beheading people in the street.

Only Hobo and his new shotgun stand in their way. The lawns will have to wait.

Extras include commentary with Eisener and Hauer, deleted scenes, an alternate ending, video blogs and featurettes.

PETER HOWELL



Of Gods and Men
Genre: Drama
Director: Xavier Beauvois
Stars: Lambert Wilson, Michael Londsdale

A transcendent drama of uplift and inspiration, Of Gods and Men reveals the cavernous divide between heaven and Earth.

Set during the Algerian Civil War of the early 1990s, it's the fact-based-story of seven Christian monks from France, who live harmoniously amongst Muslims in a mountainous village.

When tensions erupt between the Algerian government and Islamic fundamentalists, foreigners are told to leave. The monks' leader, Brother Christian (Lambert Wilson), wants to stay, despite the danger, as the villagers desperately need assistance.

PETER HOWELL

The Company Men
Genre: Drama
Director: John Wells
Stars: Ben Affleck, Tommy Lee Jones, Kevin Costner, Chris Cooper

This tough drama about corporate downsizing has an A-list cast that includes four Oscar winners: Ben Affleck, Tommy Lee Jones, Chris Cooper and Kevin Costner.

The film was written and directed by John Wells, who has been a creative force behind such award-winning TV shows as ER, The West Wing and Southland.

It speaks to an issue that is as current as a newspaper's front page,

and plays as almost a companion piece to Up in the Air, Jason Reitman's like-minded film about workers squeezed by a bad economy.

In this case though, the workers are suits who considered themselves bullet-proof.

It's meat-and-potatoes drama, but The Company Men depicts harsh reality truthfully.

PETER HOWELL

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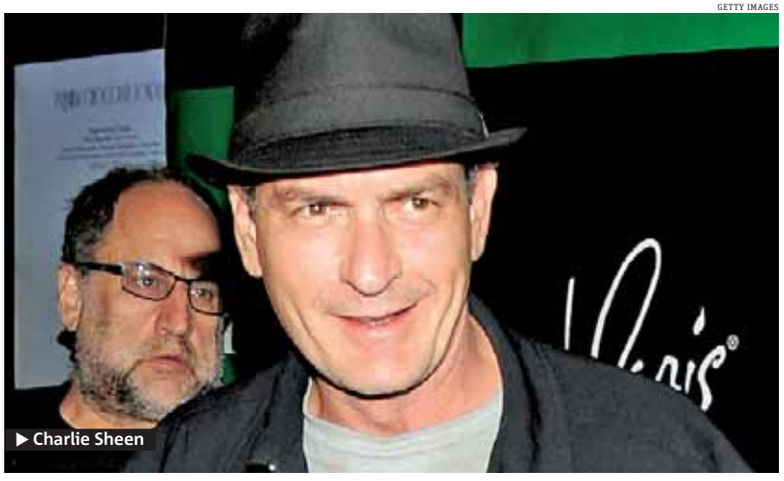

▶ Charlie Sheen

Sheen picks his intern

Canadian applicants lose out on chance to join Team Sheen

Actor Charlie Sheen has chosen his "tiger blood" intern and he's not a Canadian.

The fired Two and a Half Men star tweeted last week that Team Sheen welcomed Josh Burstein as its new social media intern. The Los Angeles resident, who works for the Israeli government's economic mission to the U.S., beat 82,000 applicants.

One of them was Sepy Bazzazi, 25, who works in social media for Earls Restaurants in Vancouver. He tweeted his congratulations to Burstein.

Phil Pallen of Belleville, Ont., who was one of the final 50 candidates, ditched his bid last month and accepted an offer to work for American Idol host Ryan Seacrest instead.

Burstein tweeted "Tiger blood, coarsening (sic) through my veins. Excited for the opportunity!"

THE CANADIAN PRESS

GETTY IMAGES

▶ Andrew Keegan

Taser story: Here's another case of where are they now

You don't know Andrew Keegan's name, but if you watched a lot of family-friendly TV in the 90s — including 7th Heaven (he played Wilson) or Party of Five (he was Reed) — you'd recognize his face.

Anyway, this weekend, he was tasered by cops, reports TMZ.

The site says he was playing music loudly in his car and got mad when the police approached.

We're guessing the line "Don't you know who I am?" drew blanks.

METRO

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Scott a headliner at Essence Music fest

GETTY IMAGES

▶ Jil Scott

Neo-soul artist Jill Scott brought a sassy new look, new music and a surprise performance with soul-singer Anthony Hamilton on the second day of the Essence Music Festival.

Scott performed some of her timeless hits Saturday evening such as Long Walk, and The Way and drew heavily on tunes from her new release, The Light of the Sun.

She delighted fans when Hamilton joined her on stage to perform their current hit, So In Love, which has helped push the new album to No. 1 — her first release to do so.

Scott was among the headliners for Saturday's festival, which also featured performances by El Debarge, Chaka Khan and the night's closer, rapper Kanye West.

THE ASSOCIATED PRESS

A career-first for Taylor Swift

Taylor Swift recently postponed a show for the first time in her career.

Swift had to postpone Saturday night's sold-out show at the Yum Center in Louisville under doctor's orders because of an illness.

She tweeted the bad news to fans: "This is my first time having to do this. I'm so, so sorry."

Within 20 minutes, hundreds of followers had responded with get-well wishes, which were already among the most popular international trends on Twitter for the day.

Swift postponed the show until Oct. 11. She's due for a short break before returning to the road in Charlotte, North Carolina, on Friday in support of her multi-platinum Speak Now album.

THE ASSOCIATED PRESS

Taylor Swift

Celebrity tweets

Just paid 40 cents to use the bathroom in Brugge. Based on my output, I gave an additional 40 on the way out. I support world commerce.

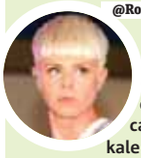
@EricStonestreet

Happy Independence America! In celebration, I'm in London. Don't worry I brought an ass-load of fireworks.

@JoelMcHale

we always come to each city bearing gifts. giving selflessly. When we r greeted with the same intentions that's when things become MAGICAL.

@JanelleMonae



My new rap group is called carrots and kale and the first single: vegan aint easy

@RobynKonichiwa

Talking points

A tongue tale in Paris for director

MAKEOUT SESSION. Caught making out by TMZ: Paris Hilton and The Hangover I and II director Todd Phillips.

After making two of the biggest comedy hits of all time, is this a step up? Or a step down? Lateral move?

METRO

GETTY IMAGES

▶ Paris Hilton

Choice, not money, the key to happiness

New Zealand researchers find that self-expression and life options are more important than having money

CELIA MILNE
LIFE@METRONEWS.CA

Money doesn't buy happiness. But what does? According to a large worldwide study, having choices in life and being able to express yourself are the most important ingredients in being happy.

Researchers in New Zealand collected data from all around the world on what factors contribute to well-being. Altogether, the studies included 420,599 people from 63 countries over several decades, so the science behind their results is very strong.

"The main finding is that money does not buy happiness and well-being," says Dr. Ronald Fischer, lead author, in an email to Metro.

"Choice and autonomy are more directly related to happiness than having lots of money. Autonomy provides you with the options to pursue meaning in your life, to find activities that stimulate and excite you and keep you active," explains Fischer, who is a senior lecturer in psychology and Fellow of the Centre for Applied Cross-Cultural Research at Victoria University of Wellington, New Zealand.

He and colleagues were surprised by the finding that choice and self-expression are more important than money, especially once you have your basic needs met.

"We did not predict we would find these clear patterns when we started and none of our friends or colleagues would have bet on this."

Job searchers take note.

"People may not need to go for the highest paying job, but rather focus on something that fulfills them personally and gives them greater happiness and satisfaction in their life," he says.

He warns that too much of anything is bad.

"Having too many choices or too much autonomy can lead to doubt about what to do, and regret that you aren't making the right choices."

The study was published by the American Psychological Association.

Happiness

A giant new study in New Zealand found the ingredients to happiness. Here are a few tips to finding that happiness

- **Establish a few close and meaningful relationships**
- **Step away from Facebook, Twitter and email and cultivate some deeper friendships**
- **Seek individualism, not just money**
- **Express yourself; be creative**
- **Seek freedom to pursue your interests**
- **Do things that excite you**

ISTOCK PHOTOS

▶ A life of choice is a life of happiness, a new study shows.

3 life

Fitness pick

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METRO

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Seeds tainted by E. coli strain might still be out there, experts warn

Trend of the week

Skinny cocktails

You didn't spend the morning squeezing your inner thighs at Pilates to have your efforts slashed after one sugar laden cocktail. The average Martini has 300 calories per serving. This version? Just 100.

VeeV Skinny Açaí Lemonade

- 1 ¼ oz VeeV Açaí Spirit
- 2 lemon wedges
- ½ oz agave nectar
- Club soda
- Sprig of mint or basil

Squeeze the lemon wedges and shake all ingredients (except the club soda) well with ice. Strain over ice into glass, top with club soda. METRO

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Yoga pose. Head to knee forward bend/Janu Sirsasana

BODYISMYOGA

What you do:

1. Sit on the floor with your legs straight in front of you. Inhale, bend your right knee and draw the heel back towards your perineum. Rest your right foot sole against your inner left thigh and lay the outer right leg on the floor with the shin at a right angle to the left leg.
2. Press your inner right hand against your inner right groin and your left hand on the floor beside the hip. Exhale and turn the torso slightly to the left, lifting the torso as you push down on and ground the inner right thigh. Line up your navel with the middle of the left thigh. Stay here and lengthen the spine.
3. Reach out with your right hand to take the inner left foot, thumb on the sole. Inhale and lift the front torso, pressing the top of the left thigh into the floor and extending through the left heel. Use the pressure of the left hand on the floor to increase the twist to the left. Reach your left hand to the outside of the foot. Arms fully extended, lengthen the front torso from the pubis to the top of the sternum.
4. Exhale and extend forward from the groins, not the hips. As you descend bend your elbows to the sides
5. Lengthen forward into a comfortable stretch. The lower belly should touch the thighs first, the head last. Stay in the pose 1-3 minutes. Repeat on the other leg.

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

Analysis

FEELING GOOD JUST ISN'T GOOD ENOUGH

JIM HARTER
CHIEF SCIENTIST, WORKPLACE MANAGEMENT AND WELLBEING AT GALLUP

Tells us what it takes for a man to have a great, not just good life.

Happily Managed
'Work' is how we occupy our time. Use your strengths and talents daily to progress and maximizing your ability to like what you do. Your manager (or mentor) is essential for purpose and motivation. Studies show that the interest level at work is directly correlated with the levels of cortisol and that the relationship with a manager directly affects stress levels and performance of 70 per cent of the workforce.

Heart to Hearts
In order to have a great, not good day and maximize happiness we need six hours of social time (with friends or family). When people arrive at work, their human nature and social attitude doesn't switch off. A good relationship with colleagues can boost performance, creativity and innovation.

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THE CANADIAN PRESS H/O

Canadian Bacon Bonanza

Combining bacon with caramel sundae syrup and maple ice cream results in a tantalizing Canadian dessert to serve at parties this summer.

Preparation:

1. In a small bowl, combine bacon and brown sugar, making sure that sugar evenly coats both sides of bacon.
2. Place on outdoor grill over medium heat and grill for 3 to 4 minutes per side or until crispy and golden brown. Let cool.
3. For one serving: In a small bowl, combine syrup, 1 strip of crumbled bacon and sea salt.
4. Meanwhile, place ice cream in a serving dish. Drizzle with caramel-bacon mixture. Garnish with additional bacon and caramel syrup, if needed.

THE CANADIAN PRESS/ SMUCKER FOODS OF CANADA

Ingredients:

- 6 strips uncooked bacon
- 50 ml (1/4 cup) brown sugar
- 30 ml (2 tbsp) caramel-flavoured sundae syrup, plus extra for serving
- Sea salt, to taste
- 1 large scoop (about 250 ml/1 cup) maple ice cream
- Additional candied bacon, for garnish (optional)

Delicious cartel cooks up some deadly tacos

This top quality food cart is the love child of three culinary trendsetters

ERIN IRELAND

▶ Free range beef rib eye and free range pork butt tacos.

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

They're kind of like a power couple ... plus one, minus the romance (unless we're talking true love for a craft so honed), and throw in a food cart.

Joel Watanabe and Jesse Grasso, the sensational chefs behind my favourite Chinese brasserie — Bao Bei — have teamed up with Abigail's Party owner, James Iranzad, to open a Korean fusion taco food cart whose sweet little offerings have become the talk of the town.

On their tiny menu live two items: A pork and a beef taco, both prepared in the Korean style of Bulgogi, which literally means 'fire meat'.

The locally sourced protein is marinated in a slew of secret sweet and salty ingredients, then barbecued right on the street, luring in hungry pedestrians with its wafting scent.

Hand-made corn tortillas, the trio's own salsa, kimchi and a sprinkling of fresh cilantro catapult this lunch into the 'gourmet street food' category. And for a price tag settled with the change possibly found in your pockets (one taco for $3, four for $10), you absolutely can't go wrong.

Cartel Taco
Dunsmuir and Hamilton streets
carteltaco.ca
Licensed: No
Quick solo lunch: No
Social lunch: Yes
Client negotiations: No
Hours: Mon - Fri (11:30 a.m. - 3:30 p.m.)
Price range: $3 - $10
Rating: 4 out of 5

Celery root steals summer salad spotlight

For Clark Frasier, salads are a staple. "I grew up in California, and so salad has always been considered a principal thing in our diet," Frasier said.

He and partner Mark Gaier run Arrows, an award-winning restaurant in Ogunquit, Maine, known for its extensive on-site gardens that produce the bulk of what appears on the menu.

The pair recently released a new cookbook highlighting some of their favourite recipes, Maine Classics. Included in the book is this recipe for celery root salad with sour cream and herbs.

Preparation:

1. In non-reactive pot over high heat, bring about 2 l (8 cups) of water to boil. Set bowl of ice water next to the stove.
2. Add celery root and onion to boiling water and blanch for 1 minute. Use slotted spoon to transfer celery root and onion to ice water; let cool, then drain and pat dry with paper towels.
3. In bowl, toss celery root and onion with lemon juice, chives, tarragon, basil, sour cream, salt, pepper. Serve chilled.

THE ASSOCIATED PRESS/ MAINE CLASSICS BY MARK GAIER AND CLARK FRAISER (RUNNING PRESS, 2011)

Ingredients:

- 1 kg (2 lb) celery root bulb, peeled and julienned
- 1 small Spanish onion, julienned (about 250 ml/1 cup)
- Juice of 1 lemon (about 30 ml/2 tbsp)
- 10 ml (2 tsp) chopped fresh chives
- 7 ml (1/2 tbsp) chopped fresh tarragon
- 15 ml (1 tbsp) chopped fresh basil
- 150 ml (2/3 cup) sour cream
- Kosher salt and ground black pepper, to taste

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ This recipe makes six servings.

FORGET THE WEDDING; LOVE IS WHAT REALLY MATTERS

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

I'm in love with a great guy who happens to be divorced, and refuses to ever get married again. He says that asking a woman to live together is like asking her hand in marriage, and he's asked me to move in together. I've always assumed I'd get married and we both want to have a child together, but it's clear that if I choose this path, I'm choosing a common law relationship over my dream wedding and the traditions that go with it, and possibly upsetting my parents in the process.

No white for me?

Claire: Dear NWFM,

As Florence and the Machine says, "You've got the love," it's just not taking the form you expected it to.

He loves you enough to want a child with you and to share a home with you — to build a life together. He's offering you the relationship that comes after the wedding day — the quieter, more private form that love takes when the party is over, the gifts have been given and the wedding dress has been stored away. Legally, you'll still have similar rights to those couples who spend $20K on the their big day.

Your parents will be happy when you are happy, whether or not they disapprove in the beginning.

Your child simply needs to be well loved. The question is whether you can be at peace with this version of your life together. If so, throw yourselves a big fat housewarming party/commitment ceremony when you move in, and be grateful you don't have to deal with bridesmaid dresses and demanding in-laws.

Andrea: Dear uncommon-law,

Marriage is like haute couture: sometimes you pull the big bucks and your beloved item stands the test of time, and sometimes it's a cheaply made Taiwanese knock-off that falls apart before you can say "prenup." The point is: put in the effort, time, and tears and you'll get quality.

A piece of paper and an expensive party won't speak to a solid foundation. It's one day out of years, decades even. The first step to attaining that level of commitment is moving in together.

He obviously feels strongly for you if he's asked, so even if he doesn't adhere to your version of a perfect relationship, it's a really good sign.

I'd say he's doing you a favour by helping you found your own values over your parents, and potentially averting hefty divorce procedures.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

NEWS CANADA

▶ It's safe to say these kids are enjoying the rain.

THANK YOU NOTES ARE A MUST

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

I'm a second-time bride getting married the last week of July. I work full time, will be going on a two-week honeymoon and have two children from a previous marriage to take care of full time. Based on the fact that everyone knows how busy I am, are people honestly expecting me to send thank you notes for their presents?

Carole, Nova Scotia

ISTOCK

▶ A simple note can go a long way.

Hello Carole:

Congratulations on your upcoming wedding! I know the answer to your question is one you don't want to hear, but it's yes, you do need to send everyone a thank you note and here's why:

1. People have gone to the trouble of spending time and money shopping for you — and they are just as busy as you!

2. It would be hurtful for guests who might think that your lack of communication means you don't care or value them or their gift.

That said, don't pressure yourself to write all of the notes at one time. Pace yourself. Send one or two per day, or 10 or so per weekend, and soon enough they will be done — I promise!

As my grandmother taught me, you will never be criticised for sending a thank you note, but you will always be criticised for not sending one!

Five inspiring ideas for a rainy day

It's the middle of summer holidays, the kids are off from school and the rain starts to fall. Easily keep the "I'm bored" complaints to a minimum with some of these rainy day activities.

Put on a show

Get a group of kids together to stage a play or talent show. Try providing a theme and access to scraps from the attic. That'll be enough to spike creativity and get the show started.

Enjoy the rain

Try a different approach when it's raining cats and dogs ... head outside. Break out the boots, raincoats, layer on the socks, and step outside for some fun in the rain! Splash in the puddles, twirl the umbrella and stretch the vocal chords with Singin' in the Rain. Enjoy some soup or a nice cup of hot chocolate afterwards.

Teach your dog new tricks

Who says you can't teach your dog new tricks? Keep your pet and child busy by introducing new tricks to the family pooch. Reward the pet and children with treats.

Bring outdoor games in

Bring your favourite outside games inside by blowing up some balloons and play keep-away or volleyball.

Also try using paper fans to play table tennis. Simply use the fan to blow the balloon across the table past an opponent to score a point.

Get your game on

Don't forget to stock the toy shelf with indoor games and toys that will keep kids entertained on their own.

Try introducing a handheld gaming unit like the PlayStation Portable. With games like LittleBigPlanet, Toy Story 3 and MLB 11: The Show, this product is guaranteed to satisfy every age and interest.

NEWS CANADA

GOOD DEALS CAN BE BAD FOR YOU

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

What's the "big deal" today? Check your email, Facebook or Twitter and within seconds you'll know it's 50 per cent off rims for your ride or a two-for-one pass to Ashton Kutcher's new flick.

Sites like Groupon get frugal types like me all revved up. They negotiate huge discounts with popular local businesses and pass along savings of 50 to 90 per cent to subscribers.

If you're in the market for a particular product and its price gets slashed, online coupons can save you hundreds of dollars.

Saving money is en vogue and often the topic of water cooler conversation.

But, if you're leading your offices' popularity contest for nabbing the best daily online deal, watch out!

You'll quickly fall from financial grace once your credit card is maxed and you've got nothing more to share with your colleagues.

It's important to ensure you're not spending money unnecessarily simply for the sake of a "sweet deal."

If a fancy trip out to the Fairmont Banff Springs Hotel wasn't part of your travel plans this month, don't buy one.

Sure, it's important to include fun and entertainment in your budget, but not at the expense of building your financial security.

A great deal you can't afford is never a good deal.

More pitfalls of working at home

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Liberating though it can be, working at home isn't all hanging out in sweats and catching up on daytime TV. Last week I presented seven drawbacks of the home-based job and you readers reminded me of five more.

ISTOCK IMAGES

▶ Alison's money rule: Working at home is a dream for many. Just be aware of the disadvantages before you try it.

1. Lack of spousal support

A spouse who doesn't respect and support what you're doing can turn working at home into a nightmare. In a previous incarnation I had one of those. For instance, reading the papers and magazines, and now browsing the Internet is a big part of my job. But he refused to see it that way, always characterizing it as slacking around. Never mind that he was unemployed!

2. Household chores

Because you work the expectation is you can do household chores, drive kids and aging parents to appointments during your down time. The reality is that down time is limited because you are on your own with no colleagues or assistants to take up the slack. Set boundaries, although it can be tough when family is involved.

3. Kids home sick!

You're home so you can just keep an eye on those sneezing, coughing, feverish kids. Then there are school holidays and snow days, which fall in the lap of the work-at-home parent.

4. Non-custodial drop off

I've never personally experienced this but several readers complained that their ex just drops the kids and says, "You're at home anyway and I've got this big business trip so I thought you could help me out with the kids this month."

It's a tricky situation to deal with in the absence of goodwill and strong communication.

5. Credit scarcity

Banks still look askance at the self-employed. I believe they have a secret, negative category for us.

Assets, sparkling credit score and low debt to income ratio be damned, the work-at-home crowd have a tough time getting things like a business related line of credit without pledging their first born.

I've outlined 12 pitfalls of working at home this week and last. Even so, I wouldn't have it any other way.

On the job

Fifty-four per cent of those who work at home have a university degree.

We are living in a 'Wanna-Have World'

◐ $3,000 for a new purse? ◐ Luxury spending skyrocketing even in the face of a global debt crisis

Society needs to get a better grip on its rampant consumerism because real consequences lie ahead if the excess isn't reined in, a McGill University professor says in a new book.

"Do you know what the most expensive bottle of cognac in the world cost?" Tom Naylor asks in an interview. "Two million dollars.

"Think about the stupidity involved, not just the crassness. You could buy a bottle for $25 and get just as drunk if that was your objective. Instead they have a bottle that's studded with diamonds and gold."

"The scale of it and the degree to which it's so embedded in our social and cultural morals, that was a bit of a shock."

MCGILL PROFESSOR TOM NAYLOR, ON RAMPANT CONSUMERISM

Real incomes have been "pretty much flat for most people for 30 years but the level of consumption keeps rising," says Naylor, author of Crass Struggle: Greed, Glitz and Gluttony in a Wanna-Have World.

"What that translates into is consumer debt, mortgage debt and things like that."

Luxury spending has skyrocketed even as the world struggles with a debt crisis.

Among the countries where cash is being flung around the fiercest are the United States and China, which is being seen as a new haven for luxury car and boat manufacturers.

Naylor cites the environmental and human misery that comes from mining such items as diamonds and gold in the developing world and points out that the lust for luxury poses more risks for average consumers than it would appear.

"They sort of follow the lead of the super-rich in trying to flaunt their capacity to consume," said Naylor.

"Never before has it been so vast."

THE CANADIAN PRESS

Hey big spenders

Average Canadians continually hear from government about the fragility of the economy.

But young Canadian men have been cited in studies as among the most prolific spenders on high-end items such as expensive clothes and cars.

POPQUIZ

What should you do with your tax return money?

A: Hurray! Time for a shopping road trip to the US!

B: Save some, invest some, pay off debts and then reward yourself!

FIND TIPS & TRICKS
in Lesley Scorgie's Fun and Frugal Column:
What to do with your tax refund.

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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Winners

MINNESOTA
- The Wild have certainly addressed some of their offensive shortcomings with the additions of Dany Heatley and Devin Setoguchi. They combined for 48 goals a year ago and have shown in the past they're capable of a much higher output.

WASHINGTON
- Not only did Caps GM George McPhee land a proven veteran in Tomas Vokoun — at an extremely cap-friendly price tag of $1.5 million US — he also obtained a potential lottery pick from Colorado for unpredictable goalie Semyon Varlamov.

N.Y. RANGERS
- The addition of Brad Richards doesn't solve all of New York's problems, but it drastically improves the outlook for next year. He'll slot in as the No. 1 centre and should make life a little easier for Marian Gaborik.

TORONTO
- Despite immense pressure to start winning immediately, the Leafs have avoided getting in cap trouble by overspending. The team's only free-agent signing, Tim Connolly, will strengthen a weak group at centre.

BUFFALO
- They overpaid for defenceman Christian Ehrhoff and forward Ville Leino, but when was the last time you could say that about the Sabres? Buffalo established itself as an off-season winner simply by making a splash in the free-agent pool.

After the off-season gold rush

A look at which NHL clubs have come out ahead in a few weeks of frenzied roster moves

Losers

FLORIDA
- To be fair, the Panthers were pretty much in a no-win situation. GM Dale Tallon acknowledged as much at the draft when he said the need to spend up to the $48.3-million US salary floor would actually make his team worse.

PHILADELPHIA
- GM Paul Holmgren has made a habit of doing things his own way. The culture change that comes with the departure of Mike Richards and Jeff Carter probably won't be enough to overcome the drop in talent that accompanies it.

DALLAS
- An uncertain ownership issue has made the job of building a team particularly tough on GM Joe Nieuwendyk, who simply couldn't come up with the kind of offer needed to keep Brad Richards in the fold.

CALGARY
- A team that missed the playoffs a year ago lost veteran defenceman Robyn Regehr in exchange for nothing more than salary-cap flexibility. While that certainly has value in today's NHL, GM Jay Feaster has yet to put it to use.

COLORADO
- After letting both of his goaltenders walk away, GM Greg Sherman is taking a bit of a gamble. He's banking on the duo of Semyon Varlamov and J.S. Giguere making his team much better.

THE CANADIAN PRESS

Quoted

"For us, it's about proving that we belong here, that we deserve to be No. 6 in the world, it's not a fluke and we have to go out and prove to ourselves and to Canada that we're a lot better than we were that day."

CANADIAN GOALKEEPER ERIN MCLEOD, ON HER TEAM'S DESIRE FOR REDEMPTION AFTER A 4-0 LOSS TO FRANCE AT THE WOMEN'S WORLD CUP. THE SIXTH-RANKED CANADIANS FACE NO. 27 NIGERIA TODAY IN THE FINAL GAME OF THIS TOURNAMENT FOR BOTH WINLESS TEAMS.

Heatley welcomes trade to Minnesota

EZRA SHAW/GETTY IMAGES

"Last year wasn't the greatest year for me personally, but I'm looking forward to getting back there."

DANY HEATLEY

The Minnesota Wild have been searching for the kind of dynamic goal-scorer who can put the puck in the net in the blink of an eye, a player who won't hesitate to let a shot rip from anywhere in the opposing goaltender's zip code, ever since Marian Gaborik left in 2009.

Here comes Dany Heatley, who never met a shot on goal he didn't like, determined to show the rest of the league he can still light the lamp with the best of them.

The Wild landed Heatley from San Jose on Sunday night, sending forward Marty Havlat to the Sharks in a straight-up swap of two 30-year-old wingers. Heatley said yesterday he was excited to be coming to Minnesota and couldn't wait to prove that last year's sub-par season was a fluke.

$19M

Heatley has three years and $19 million US left on his contract, while Havlat has four years and $20 million remaining on the deal he signed with Minnesota two years ago.

"As a goal-scorer and a player, you want to be that guy," Heatley said.

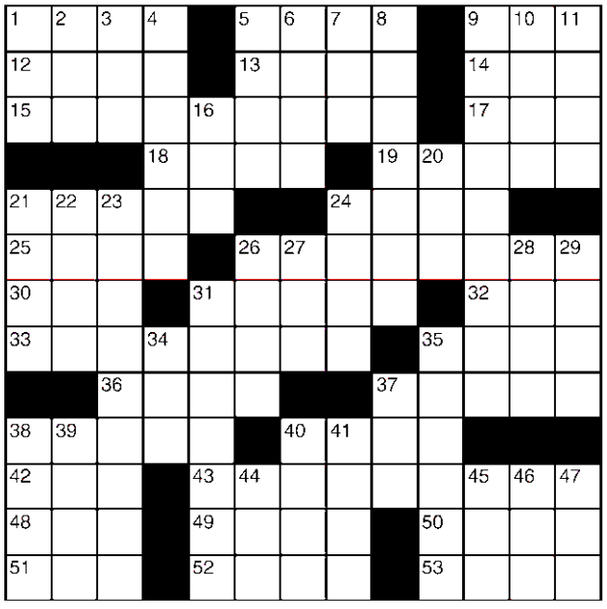
Heatley had back-to-back 50-goal seasons in 2005-06 and 2006-07 for the Ottawa Senators, but finished with only 26 goals last season for the Sharks. Heatley played a month and a half with a broken hand and said he had several other nagging injuries that held him back.

After the Sharks flamed out in the playoffs yet again, San Jose GM Doug Wilson was looking to switch things up. He found a willing partner in Wild GM Chuck Fletcher, whose team has missed the playoffs in both of his seasons as the team's top executive.

Fletcher said the biggest priority heading into the off-season was injecting some juice into a team that finished 30th in the league in shots on goal and had too many players who were better suited to passing and setting up others than finishing the plays themselves.

Havlat seemed to be one of those players. He tied for the team lead last season with 62 points, but only 22 goals. THE ASSOCIATED PRESS

Crossword



Across

1 — Romeo
5 Mr. Disney
9 Bribe
12 Indonesian island
13 Screenwriter James
14 Dusk-dawn link
15 Venue for Matlock
17 Carte lead-in
18 Building extension
19 Singer Cline
21 "King Lear" daughter
24 DNA bit
25 Wrong
26 Troubadour
30 Witness
31 "Goodbye, Mr. Chips" star Robert
32 Raw rock
33 Cops' district
35 Venetian magistrate
36 Ship of 1492
37 Knight's apparel
38 Really thin person
40 "My Fair —"
42 Cattle call
43 Business meeting site
48 Yoko of music
49 Touch
50 Eye layer
51 Workout place
52 Neat
53 — a soul (nobody)

Down

1 "Wipeout" network
2 "7 Faces of Dr. —"
3 Winter ailment
4 Plane's route
5 Caution
6 Enthusiastic
7 Zodiac sign
8 Storm
9 Cruise ship accommodation
10 Rembrandt's supply
11 Theatrical presentation
16 Stannum
20 Pismire
21 Grate
22 Basin accessory
23 Where performers wait to go on
24 Summertime pest
26 "— Lisa"
27 Biz letterhead abbr.
28 Therefore
29 Lecherous look
31 Nitwit
34 U.S. spy org.
35 Rehearsal
37 Toss in
38 Air pollutant
39 Rabbit
40 Praise to the skies
41 Bohemian
44 Sapporo sash
45 Eggs
46 "— the ramparts ..."
47 Has permission

▶ Yesterday's answer

D	A	M	P		B	R	A		P	I	E	D
E	X	T	E	R	I	O	R		R	O	D	E
L	E	A	N	O	N	M	E		E	T	A	L
			C	A	D		A	F	L	A	M	E
A	P	H	I	D		C	C	I	I			
P	A	U	L			D	O	O	R	M	A	N
T	I	L		W	I	L	D	E		B	I	B
	N	A	M	A	S	T	E		M	E	N	U
			A	L	A	S		B	A	T	E	S
C	R	A	T	E	R		C	O	N			
L	I	F	T		M	E	A	N	T	O	M	E
A	C	R	E		E	M	P	O	R	I	U	M
P	O	O	R		D	U	E		A	L	M	S

Sudoku

4			5		1			8
		1			3			
				6			2	
5	9			7				3
		6	9		8	7		
7				4			1	9
	1			2				
			8			3		
2			4		9			7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	5	6	2	7	1	9	4	8
7	9	8	5	4	3	1	2	6
1	2	4	8	6	9	5	3	7
2	4	3	9	8	5	7	6	1
8	6	5	4	1	7	2	9	3
9	7	1	3	2	6	8	5	4
6	3	7	1	9	2	4	8	5
5	8	2	7	3	4	6	1	9
4	1	9	6	5	8	3	7	2

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Love of my Life lo..that post was not mine you must know that. You know you are my life n everything..I thought you know me better by now..where is our understanding n trust? you seem to be mad n hurt..it was 3rd person. I feel so bad. No time to stress now..you got to relax bit ..play with hammock..don't u worry about me too much..i know u do..no wonder why i love you so much..smile 4me pl. Thanks.
FROM ALWAYSYOURS

Mon Souris Electrique II am real. I have only posted 2 messages ever! This is my third one now. I am calm and steady as a rock. And don't call me Annie! Bonjour! Merci beaucoup mon cherie xo
FROM DOLPHINE

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You should be feeling stronger mentally now.

♉ Taurus April 21-May 21 You need to be a bit more open with partners and loved ones today.

♊ Gemini May 22-June 21 If you have been holding back from saying something because you did not want to hurt someone's feelings you will realize that your efforts have been counter productive.

♋ Cancer June 22-July 22 You will receive good news concerning your cash flow situation today.

♌ Leo July 23-Aug.23 Your message is important — make sure it gets through.

♍ Virgo Aug. 24- Sept. 22 You may not much like what you are expected to do today but you are advised to do it anyway.

♎ Libra Sept. 23-Oct. 23 Your confidence will get a boost today.

♏ Scorpio Oct. 24-Nov. 22 You are full of ideas for the future.

♐ Sagittarius Nov. 23-Dec. 21 You will experience a surge of energy over the next 24 hours that makes all things possible.

♑ Capricorn Dec. 22-Jan. 20 A partnership that is based purely on convenience is unlikely to survive the stresses and strains of the next few days.

♒ Aquarius Jan. 21-Feb. 18 You must ask friends for their permission before you do anything that could affect them.

♓ Pisces Feb. 19-March 20. By all means make changes but don't expect everyone to be happy with them.

SALLY BROMPTON

Caption contest

DARREN CALABRESE/ THE CANADIAN PRESS

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Kam Dhillon
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Joseph Marc
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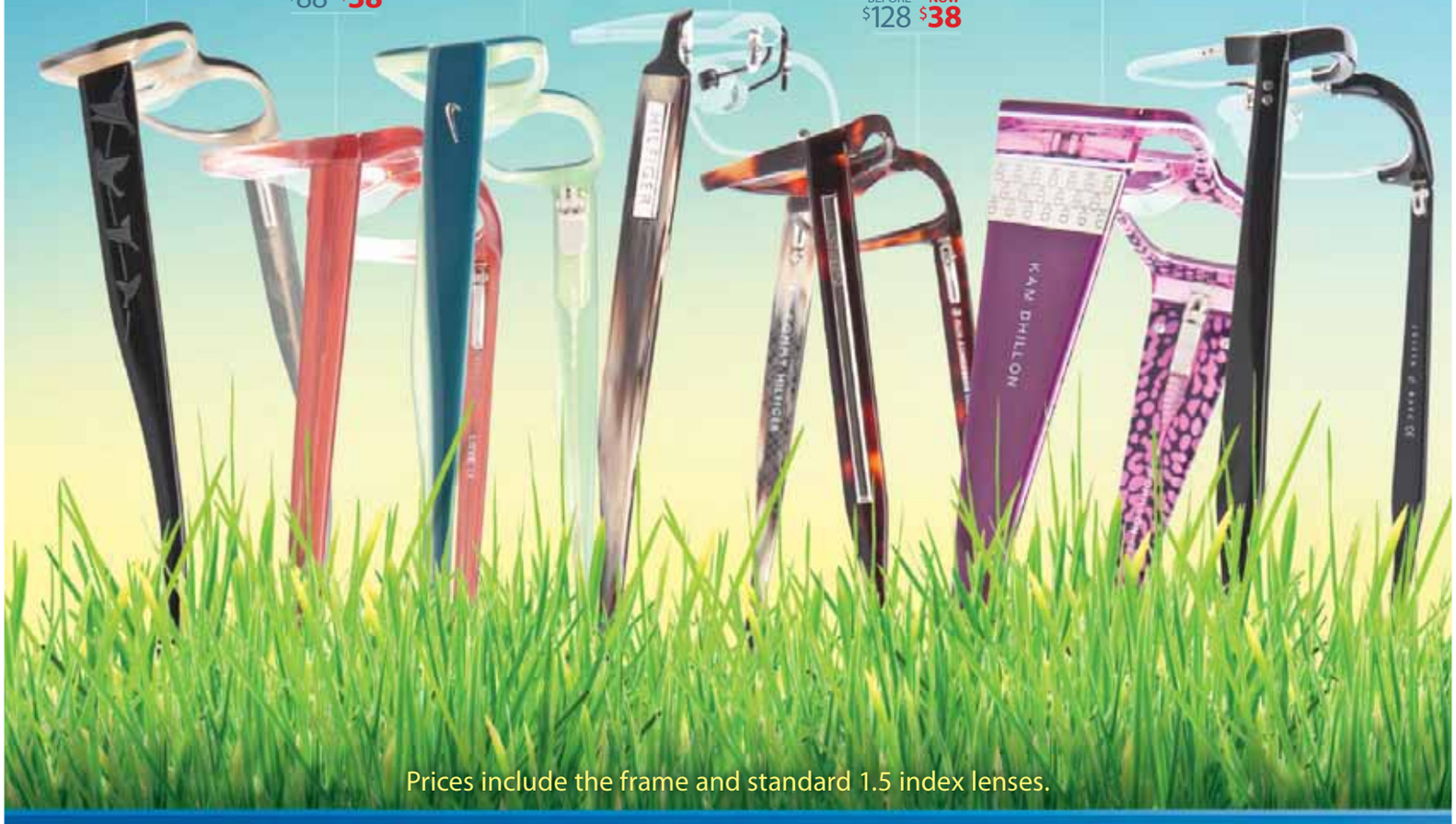

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